

healthy eating starter guide

[The Easy Shopping Guide to Burning Excess Fat, Increasing
Energy and Restoring Your Healing Body Naturally]



by Gerald Roliz, CNC



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Introduction

Restoring your health by upgrading your lifestyle nutritionally can be one of the most daunting tasks on earth. However, if you are unsatisfied with any aspect of your health, you have all the power to change the course of your life with what you do today. Remember, with one step at a time you will be able to improve your health by leaps and bounds. As you move forward in the direction that will lead to a better tomorrow, you will meet new friends making the same great lasting changes along the way. They are members of The Healing Body community.

If you have poor eating habits, are overweight or have many health issues that your medical doctor has little to no solution, be inspired that this *healthy* starter guide will be one resource among many for you to build your actionable plan to achieving your health goals.

Nutrition 101

Let's talk basics. *What should you eat?* There is no need to talk about specific vitamins, minerals, amino acids or phytonutrients found in foods in this starter guide.

Why not?

In all honesty, It is perfectly possible to eat healthfully without ever knowing what a vitamin is. Before scientists began discovering vitamins and minerals in the very foods we eat, there have been generations of people who ate whole foods enabling their people to grow strong, healthy and remain free from all chronic disease. The work of Dr. Weston A. Price confirms these societies still exist today.

So what do they eat?

They eat whole and unrefined foods, high in protein and fat—both containing nutrients essential to a healthy life. Raw and fermented proteins contain many of the essential amino acids our bodies crave. Rich protein sources include eggs, fish, poultry, pork, lamb, beef, whey and legumes (aka beans). Undenatured protein is found in nearly every whole and natural food. Our bodies must be fed enough of it to support growth, strength development and repair of damaged tissues.



Fats (solid) and oils (liquid) are found in every whole and natural food too. Fats from raw food sources are much richer in nutrition than fats that have been heated. Rich sources of healthy fats include eggs, tallow, lard, raw milk, butter, ghee, coconuts, avocados, olives, many nuts and seeds.



Sugar and starches fall into a category of macronutrients known as carbohydrates. Unfortunately, most of us were educated by the governmental food pyramid of the 90's to consume a grain-based diet. Commercial breads, corn, cereals and other grains represent the bulk foodstuffs of today's modern processed foods. These devitalized food products are rich in carbohydrates and starches, which are converted to sugar by the body during digestion. Unfortunately, sugar is not an essential nutrient for humans to thrive and excessive consumption is linked to nearly every chronic disease.

Interestingly, in the November 7, 1942 issue of The Journal of American Medical Association, the AMA informed the public that sugar is harmful to our health:

“The consumption of sugar and of other relatively pure carbohydrates has become so great during recent years that it presents a serious obstacle to the improved nutrition of the general public.”

If you were to primarily eat protein and fat, your body can still produce sufficient energy to help you function throughout the day. Sugar is the lowest octane fuel for your high octane body. Refined sugar should be avoided 100% of the time. Complete proteins and healthy fats can provide that high octane fuel just nicely and you'll feel the difference within a few days after replacing any sugar, grains and other starches with high quality foods.

What to shop for?

Always shop fresh. Shop for vegetable in season. Shop organic. Organic produce means that no synthetic fertilizers were used nor were pesticides, herbicides, insecticides or fungicides sprayed onto the vegetables. Vegetables grown with the agriculture methods used in biodynamic farming or permaculture are the most nutrient dense, but are more difficult to find.

The next 2 pages will list the foods you can strive to eat to see the maximum benefit to improving your health.



healthy Eating Guidelines



Always shop organic and purchase fresh off the vine whenever possible.

MEATS & PROTEIN

- 1) Eat a portion size the thickness of your palm 3 times per day.
 - 2) Consume these closer to rare.
- Charbroiling meats produces carcinogens.
- Poultry such as pheasant, chicken, turkey (free range, organic)
 - Beef (grass-fed, grass-finished)
 - Bison (grass-fed, grass-finished)
 - Fish (wild caught, non GMO)
 - Eggs (free from free range chickens)
 - Whey Protein (undenatured)

FATS & OILS

- Butter, Ghee (from raw milk)
- Coconut Oil (organic)
- Olive Oil (Cold-pressed, extra virgin)
- Tallow, Lard, Chicken and Duck fat (from pasture-raised animals)
- Avocado

BEVERAGES

- Spring or Filtered Water
- Herbal Teas (non-caffeinated)
- *Green Tea is an excellent choice.
- Bouillon - Beef, Chicken (no MSG)
- Broths (chicken, beef)
- Probiotic Sodas
- Beet Kvass

SNACKS

- Raw, organic and sprouted nuts and seeds in between meal snacks.*
- Almond
 - Hazelnut
 - Walnut
 - Brazil Nut
 - Sunflower, Sesame, Hemp, Chia Seeds

NOTE: This guide is designed to help balance your body chemistry and aid the body in returning to its normal function

FRUITS

- Eat twice as many vegetables (3% or less carbs) as fruits.*
- Low glycemic fruits are:*
- Goji, Blue, Black berries
 - Apples
 - Cherries
 - Grapes
 - Peach
 - Pear
 - Plum

VEGETABLES

- 3% or less carbs*
- Asparagus
 - Bamboo Shoots
 - Bean Sprouts
 - Beet Greens
 - Bok Choy Greens
 - Broccoli
 - Cabbages
 - Cauliflower Celery
 - Chards
 - Chicory
 - Collard Greens
 - Cucumber
 - Endive
 - Escarole
 - Garlic
 - Kale
 - Kohlrabi
 - Lettuces
 - Mushrooms
 - Mustard Greens
 - Parsley
 - Radishes
 - Salad Greens
 - Sauerkraut
 - Spinach
 - String Beans
 - Summer Squashes
 - Turnip Greens
 - Watercress
 - Yellow Squash
 - Zucchini Squash

VEGETABLES

- 6% or less carbs*
- Bell Peppers
 - Bok Choy Stems
 - Chives
 - Eggplant
 - Green Beans
 - Green Onions
 - Okra
 - Olives
 - Pickles
 - Pimento
 - Rhubarb
 - Sweet Potatoes
 - Tomatoes
 - Water Chestnuts
 - Yams

VEGETABLES

- 7-9% or less carbs*
- Acorn Squash
 - Artichokes
 - Avocado
 - Beets
 - Brussels Sprouts
 - Butternut
 - Squash
 - Carrots
 - Jicama
 - Leeks
 - Onion
 - Pumpkin
 - Rutabagas
 - Turnips
 - Winter Squashes



What to NOT shop for?

Avoid processed and packaged foods since most have had essential nutrients stripped from the whole and natural form. Many also contain preservatives and other chemicals linked to increasing the risk of various cancers. Preservatives prevent the metabolic life processes from occurring by inhibiting enzymatic activity. This is why micro-organisms like bacteria, fungi and molds will not grow in packaged foods for years, and possibly decades. When humans consume these chemical preservatives, we have our own metabolic processes halted by them. Preservatives are toxic to humans and can be lethal in high doses, but they are put into processed and packaged foods in low amounts for the purpose of extending shelf-life. At the end of the day, avoid consuming or drinking chemicals of any sort.



Most processed foods come in a metal can, sealed plastic bag or box. Most have nutritional labels designed to convince you that they are nutritious and provide equivalent nutrition to fresh, whole and natural foods provide. Don't fall for such labels.

Where to shop?

Farmers Markets, Community Sponsored Agriculture (CSA), Local Produce & Butcher Markets and Grocery Stores are the easiest places to start.

Farmers Markets

Local farmers markets can be a preferred place to shop for vegetables. Farmers markets are wonderful because you have access to the freshest local and seasonally available vegetables, usually just picked the day of the market or one day before. This means you can be guaranteed consumption of vegetables fully ripened at the peak of their season.

Farmers markets also allow you to discover interesting and unique heirloom varieties of vegetables you may have never seen before. Heirloom variants are from the same native seeds that our ancestral hunter gatherers consumed without the influence of modern tampering. By eating heirloom varieties, you avoid the risks of eating vegetables that are a product of artificial selection, crop manipulation or genetically modified.

If you are lucky enough to have a weekly farmers market in your area, it is certainly worth it to commit yourself to go every week.

To find a local farmers market near you visit <http://localharvest.com>



CSAs

Unfortunately, farmers markets are not practical for everyone. Some people have time constraints that prevent them from attending a weekly market. Luckily, there are alternatives available.

Community Supported Agriculture, aka CSA's, are a great avenue to connecting with your community. When you subscribe to a CSA you pledge support to a particular farm. In exchange, you typically receive a box of seasonal produce each week or on an agreed schedule. The biggest convenience of joining a CSA is that the times arranged for delivery or pick up are more flexible than a weekly farmer's market. There are CSAs for vegetables, locally raised meats and raw dairy products.

Additionally, if you are used to eating the same vegetables every week, they will help you break the habit as different harvests of heirloom vegetables are picked according to season and may vary greatly from week to week. Another benefit is that you can learn from nature minded farmers which specific foods are available during particular seasons by writing down what you receive each week. Later down the road, as you begin to grow your own garden, you will already be one step ahead in knowing when to plant those vegetables.

Find a CSA near you at the Local Harvest website <http://www.localharvest.org/csa/>

Local Produce Markets & Butcher Stores

Even without a farmers market or CSA, it possible to shop in season. Most cities and suburban areas have local produce markets and/or health food stores that focus on fresh vegetables. While not everything in these markets will be seasonal and local, they usually provide a nice alternative to large chain grocery stores to at least supplement your produce shopping.

Local butcher stores are a great resource for high quality meat products. In Berkeley, CA, I frequent a local butcher that sells organic and pasture-raised animal meats. They provide the harder to find animal foods such as bone marrow, lard and tallow. They also prepare bone broths for those who are too busy to boil animal bones for hours. Local butcher stores are a great resource and some even harvest animal organ meats. The native Americans and many native cultures know that organ meats are to be the most nutrient dense parts of the animal.





Grocery Stores

Grocery stores are an alternative if you do not have access to farmers markets, CSA's, local produce markets or a local butcher store offering organic vegetables and pasture-raised animal meat products.

Be sure to look for the organic produce section at your regular grocery store. Some meat departments do offer grass-fed and grass-finished beef, organic chicken and wild caught fish.

In general, we recommend you avoid the middle aisles of most grocery stores as they typically offer processed or packaged foodstuffs. Along the perimeter of many grocery stores you'll find the fresh foods we were designed to eat: organic vegetables, fruits, raw milk, wild caught fish and organic and pasture-raised meats.

Fermentation = Food Preservation, Transformation and Probiotic Nutrition

Before the 1940's, most of our families did not have refrigerators to prevent our foods from breaking down. Our grandparents knew how to ferment foods as a natural method to preserving large harvests of vegetables or meats that could not be thoroughly consumed all at once. Instead, they took fresh foods and introduced beneficial bacteria (probiotics, cultures and enzymes) to inoculate and initiate the fermentation process. When a whole and natural food ferments, it actually transforms into a different food with a different set of nutrients that our bodies require for optimal health.

If fermented properly, no food will actually spoil— merely transforms. For example raw milk can be made to produce butter and buttermilk. If the milk is not placed in a refrigerator it will turn into sour milk in 2-3 days. Then, sour cream, yogurt and kefir can be made from it. Furthermore, separating the milk into its “curds and whey”. Undenatured whey provides a balanced and complete protein. Aged cheeses will vary from hours to many months and depending on the length of the aging (also, a process of fermentation) and take on different flavors as different strains of probiotics produce a unique variety of nutrients that our bodies crave for.

Nearly every raw food can be fermented to generate much needed probiotics & nutrients for our bodies to remain optimally healthy. Home-fermented vegetables such as kimchi and sauerkraut are our favorites. If you so venture, you can ferment meat and organs like our native ancestors to produce a special type of “high” meat.





Know your Farmer or Become the Farmer

Our farmer's market & CSA friends grow our vegetables with great care and attention. To learn from them how to maintain the cycle of life is the ultimate goal of truly establishing our most intimate relationship with food and the land it comes from.

The quality of top soil determines the quality of the food that comes forth from it. As vegetables grow from nutrient-rich dirt, the vegetables will become nutrient-dense. The animal or human then eats that vegetable, or the human eats that animal and so on. Unconsumed vegetation is mixed with animal droppings of grazing animals to produce a nutritious compost that nourishes the soil. The soil is then ready for the next crop and the cycle repeats.

Understanding what goes into our dirt and soil is important to our health. It also allows us to honor the nourishing cycle of life.

Farmers are catalysts to the nourishing cycle of life

